

ABSTRACT

5 A shock absorption device of a running apparatus is provided with a shock absorbing elastic member at the rear side thereof. The shock absorption device includes a foot pedal, a lifted base, a support frame and an elastic member. The lifted base is disposed under the foot pedal and the support frame is attached to the bottom of the lifted base. The elastic member is connected to the support frame with a pivotal shaft. When the user runs on the foot pedal, the foot pedal can be lifted an inclining angle with the lifted base rotating with respect to the pivotal shaft to mitigate an impact force caused by the elastic member so as to protect the knees and ankles from injury.